

No Gym? No Field? No problem! Small Space PE Activities

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1. Rock Paper Scissors Baseball

Students will start at home plate and play rock paper scissors with a partner. The winner will advance to first base. When they reach first base, students will play someone else. If they lose, they must go back a base. If they win, they continue to advance a base.

2. Pass the Patty

Equipment: 1 piece of JARU fake dog poop, or any object that can be passed back and fourth per 2 students

How to Play: Divide students into groups of 2. Each group of students will stand facing each other with one partner holding the object. The children take turns handing the object back and forth to each other. Students will try to hand the object back and forth as many times as possible in the allotted time without repeating any of the handing methods that their Partners used. Encourage the players to be creative and come up with new ways to hand the object to their partner. The object cannot be tossed or thrown.

3. Litter Pickup (Charmain Sutherland)

Have partners ball up a piece of paper and place it on the floor. Have partners pick up a piece of paper using the body parts called out by the teacher.

- Elbow to Elbow
- Foot to Foot
- Knee and knee
- Forearm and Elbow
- Foot and Elbow
- Knee and Elbow
- Forehead and back of hand
- Toe and finger

4. Ways to Walk (@Kevinbparry, @Physedreview)

This presentation features 44 different ways to walk and can be used as an effective way to get students up and moving in your classroom. The video used

to create this presentation was created by Kevin Parry (@kevinbparry). The presentation was altered for use of students by Kevin Tiller (@physedreview).

<https://docs.google.com/presentation/d/1S-60xeBh8J3IFuwoevHU9KkJYMDP5CM6mknArdOjB6Q/edit#slide=id.p4>

5. Race to 3 (Justin Cahill @JustbubyPE)

<https://drive.google.com/file/d/0B7QFxaWQQhf8cTE0clo0ZTQ1TXc/view>

Video: <https://www.youtube.com/watch?v=HUTInscCCxU>

6. Paper Walk Challenge (@WhiteLick_KLAB)

Students will try to walk around the activity area balancing a piece of paper on their stomach.

https://twitter.com/WhiteLick_KLAB/status/892496067484418048

7. Cooperative Cup Stacking-

http://www2.peacefirst.org/digitalactivitycenter/files/cup_and_string_game_0.pdf

Video: <https://www.youtube.com/watch?v=Bq3AuxaoqjA>

8. Star Wars Bottle Flip Battle (Kevin Tiller @Physedreview)

Link to tweet: <https://twitter.com/physedreview/status/867390006805098496>

Link to Game board: <https://t.co/BuqlovJkC3>

9. Beat Sheets (Dave Senecal @PePalooza)

Are you looking for a way to completely engage your students in a fun-filled and creative DANCE activity? The Beat Sheets- 8 Rhythm and Dance Sheet package provides you with a fun and organized, movement-based rhythm and dance activity that you students will love and ask for time and time again. The Beat Sheets package includes 8 progressive lesson experiences that utilize 8 “leveled” beat sheets which can be used in a PE Dance unit, as a fitness warm up or as an energizer in the classroom!

<https://www.teacherspayteachers.com/Product/Beat-Sheets-Dance-Activity-with-8-Student-Rhythm-Sheets-1728885>

Link to Dave Senecal Teacher Pay Teacher site:

<https://www.teacherspayteachers.com/Store/Pepalooza>

10. Scribble It, Just a little bit (Charmain Sutherland)

The teacher will call out an activity:

- Jump
- Hop
- Twist
- Marching
- Play guitar
- Jumping Jacks

Students begin activity and continue until the teacher calls out a spelling word. Students freeze and partners work together to try to spell word correctly. After 10-15 the teacher will call out another activity.

At the end of the activity as students cool down, the teacher will write correct spelling on board and students will check their work.

Noodle Bit Activities

11. Pop and Catch

12. Toss and Catch

13. Partner Pop and catch

14. Noodle Bit Balance- Teams compete to see which team can balance the most noodle bits on their partner.

15. Noodle Bit Minute to Win It- 1 Partner will toss or pop noodle bits to the other partner. If caught, partner must continue holding the noodle bit while catching another noodle bit. The objective is to catch the most noodle bits without dropping the noodle bits that you have already caught.

Minute to Win It Games

16. Tilt a cup

How to Play: To set up the game, place the ping pong balls in the basket and leave them on the table. Place the seven cups, stacked together, beside the balls. When the player begins, he holds the cups in one hand. With the other, he or she bounces a ball on the floor and catches it in the cup. Then the player pulls the bottom cup from the stack and places it on top, covering the ball he or she just caught, and bounces another ball to land in this new cup. Continue on in this manner until all eight cups have been stacked and are holding a ping pong ball. Finish the stack without it falling or dropping before the one-minute timer ends in order to win this game.

Reminders:

- Ping pong balls must bounce once and only once before landing in the cups.

- You may only hold the cup stack in one hand. You can use the other hand to move the bottom cup up into the top space, but you can only use the original hand to hold the stack and catch balls.
- If at any point the stack of cups falls or is dropped, the game is over.

Variation: Have Students complete this activity with a partner.

https://www.youtube.com/watch?v=CWr1R5BiljQ&disable_polymer=true

17. Backflip

Equipment: 12 pencils for every 2 students, Timer

The goal is to place 2 pencils on the back of your hand, flip it, and catch the pencils in midair. This must be completed six times, with two more pencils after each successful attempt.

<https://www.youtube.com/watch?v=f4cO74Tb1Q>

18. Minute to Win It Pedometer

Equipment: 1 Pedometer per 2 students.

Give students a pedometer and see which student can accumulate the most steps by running in place for 1 minute.

Variation: Have students put pedometer on shoe and lay on back kicking their feet like a baby to accumulate steps.